

ANCHORWATCH



NIOOC OBSERVES BLACK HISTORY

CONGRATULATIONS:



Senior Sailor of the Year:
Petty Officer First Class Hammond



Sailor of the Year:
Petty Officer First Class Krause



Junior Sailor of the Year:
Petty Officer Second Class Woolcock



Senior Sea Sailor of the Year:
Petty Officer First Class Johnson



Sea Sailor of the Year:
Petty Officer Second Class Morton



Junior Sea Sailor of the Year:
Petty Officer Third Class Reppel

Senior Deployer of the Year:
Petty Officer First Class French

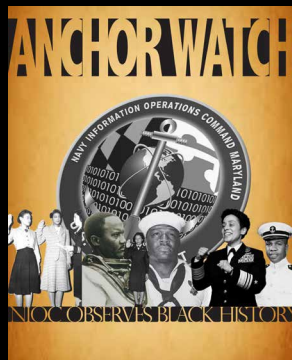
Deployer of the Year:
Petty Officer Second Class Share

Junior Deployer of the Year:
Petty Officer Third Class Coffin

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Staff
Commanding Officer
CAPT Jeffrey Scheidt
Executive Officer
CDR Kurtis Mole
Command Master Chief
CMDM(IDW/SW/AW) Michael Webb
Public Affairs Officer
LT Devon Brumbaugh
Public Affairs Staff
PO2(SW) James Turner
PO2 (SW/AW) Samuel Souvannason
PO3(SW) Taylor DiMartino
SN Julia Gruber
SN Jennifer Lake

ANCHOR WATCH
In its 42nd year of production
Jan. - Feb. 2016
www.niocmd.navy.mil
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Story ideas are due the first working day of each month to the Public Affairs Office, Bldg. 9804, Room 138, Fort Meade, Md. 20755-5290.
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Story ideas are also accepted electronically at niocmdpao@me.com



BLACK HISTORY MONTH

Mass Communication Specialist Seaman Julia A. Gruber

The first Black History Month was celebrated in 1976 when President Gerald R. Ford extended the previous celebration of “Negro History Week” to encompass the entire month of February. During this month the country pauses to recognize the strides and sacrifices that African-Americans have made and the achievements that have come from them. The history of African-Americans serving in the United States Navy began in the Civil War (1861-1865) where African-American Sailors fought in Union warships and made up approximately 10 percent of the crews. In the centuries since then, the roles of African-American Sailors have changed drastically. During the month of February, we look back on these Sailor’s accomplishments.

1944



In January 1944, 16 African-American enlisted men gathered at the Great Lakes Naval Training Station in Illinois to begin training that would turn them into the first African-American Officers on active duty. Despite the demanding pace, all 16 passed the course. Twelve were commissioned as Ensigns and a thirteenth was made a Warrant Officer. These 13 men became known as the “Golden Thirteen”, and the Recruit Training Center In-Processing building in Great Lakes was named for these men.

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1942



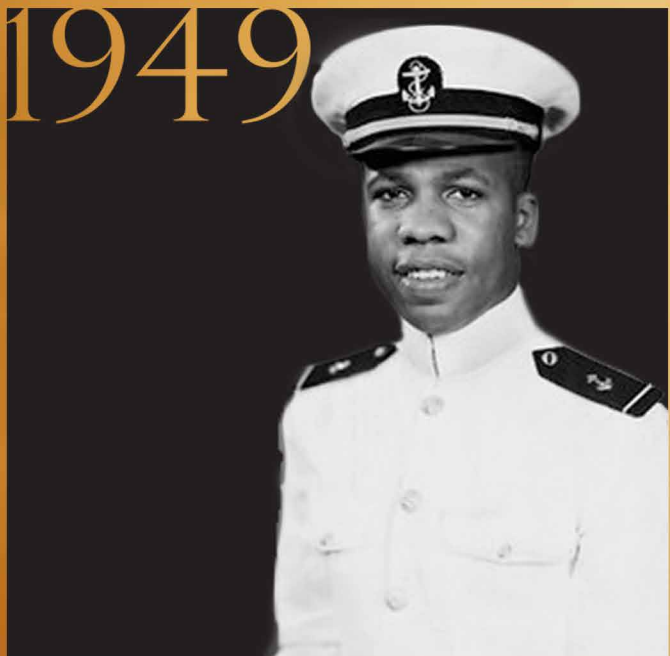
On December 7, 1941, when the Japanese attack on Pearl Harbor occurred, Petty Officer Doris Miller reported to his assigned battle station where his job was to carry the injured to safe quarters; this included the ship's mortally-wounded Captain. He picked up a 50-caliber Browning anti-aircraft machine gun on which he had never been trained and managed to shoot down three to four enemy aircraft. He fired until he ran out of ammunition; by then the men were being ordered to abandon ship. For his efforts, he became the first African American to be awarded the Navy Cross.

Chief Edna E. Young was the first African-American woman sworn into the Regular Navy July 7, 1948. She later became the first African-American woman to achieve the rank of Chief Petty Officer.

1948



1949



Lieutenant Commander Wesley A. Brown was the first African-American graduate of the U.S. Naval Academy in Annapolis, Md. Graduating with the class of 1949, Brown continued to lead a successful 20 year career in the Navy's Civil Engineer Corps serving in the Korean and Vietnam Wars. Brown retired in 1969 at the rank of Lieutenant Commander.

1996



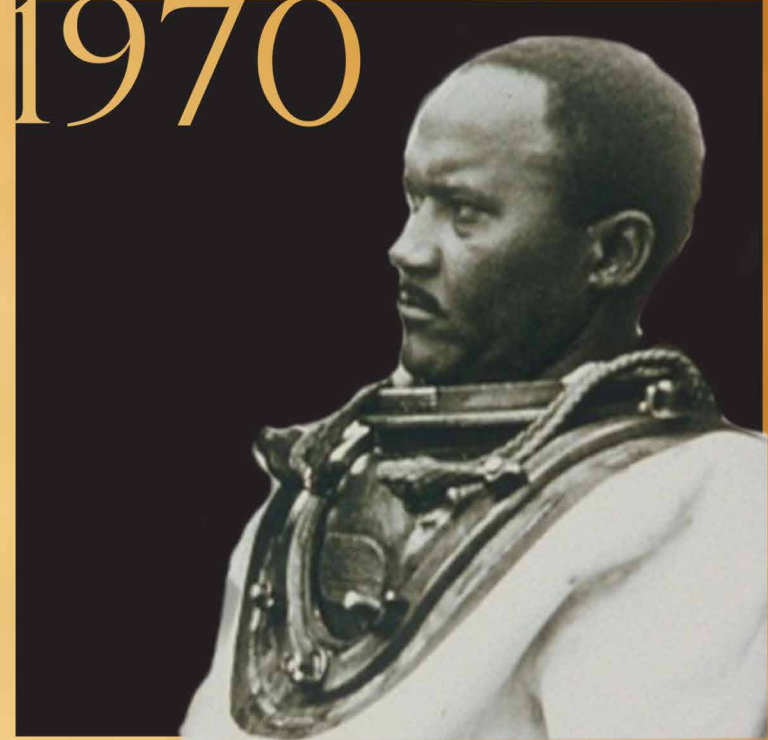
Admiral J. Paul Reason became the first African-American to be promoted to four-star Admiral in December 1996. Reason then took command as Commander in Chief, U.S. Atlantic Fleet until the conclusion of his time on active duty in 1999.

Admiral Michelle J. Howard was the first African-American woman to be promoted to four-star admiral July 1, 2014. She was then appointed as the 38th Vice Chief of Naval Operations, making her the second highest ranking officer in the Navy.

2014



1970



Master Chief Petty Officer Carl M. Brashear became the first African-American Master Diver in 1970. The qualification as Master Diver was remarkable for many reasons; Brashear had lost half of his leg in a shipboard accident where he saved another Sailor's life in 1962 making him the first Amputee Master Diver as well.

WINTER STORM JONAS

Mass Communication Specialist Seaman Julia A. Gruber

Between January 22nd and January 23rd record amounts of snow fell in the Baltimore and Fort Meade area during Winter Storm Jonas.

Total recorded snow fall was 29.2 inches at the Baltimore Washington Thurgood Marshall Airport, beating the previous record dating back to 1982.

The snow storm shut down Fort Meade and the surrounding towns while plowing and shoveling took place. Many commands were shut down for much of the week following the storm.

Nearly 103 million people were affected by Winter Storm Jonas, 33 million people in the areas that sustained blizzard conditions, according to the National Weather Service. The storm brought with it record high sustained winds around 55MPH and left many residents without power. With the high accumulation of snow, returning the base to full operational status took many weeks. Large snow piles littered the base as the weather began to warm and the piles began to melt.



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WHY IS IT IMPORTANT TO VOTE?



Chief Tyrell Ferguson- “Where in any other job can you have influence over who your leadership is? By voting, you have a say in who becomes your boss, so to speak. I would encourage all of my Sailors to do their part and vote.”



Chief Carissa Magone- “It is absolutely important to vote, especially as a member of the military. The decision-makers in office are effectively in charge of how we live our lives. They can impact everything from the missions we participate in to the amount of money we make. Therefore, the commander-in-chief should be someone you actually agree with.”



send your vote home

Be absent but accounted for.

Go to FVAP.gov to learn more about absentee voting and request your ballot, or contact your Voting Assistance Officer for more information.



LTJG Landon Borden- “I do believe it is important, as a Sailor and a citizen, to vote. On a personal level, it’s important to have your opinions on the future of our country heard. From a Navy perspective, it’s a perfect illustration of the values the Navy defends on a daily basis.”



SR Mattie Loeblein- “It’s your responsibility not only as a Sailor but also as an active U.S. citizen to vote. It may sound harsh, but you can’t complain about your leaders if you don’t take the time and effort to vote and get your voice out there.”



PO1 Raymond Seneca- “Our Sailors should get out and vote so that they can get their piece of the pie. You need someone in office that you can agree with whether that’s on current issues the country is facing or policies a president can put into action. It’s very important to have your opinion be heard. Having a choice is so important in this country.”

UPCOMING STATE PRIMARY ELECTIONS:

Saturday March 12, 2016
District of Columbia (R)

Tuesday March 15, 2016
Florida
Illinois
Missouri
North Carolina
Ohio

Tuesday March 22, 2016
Arizona
Idaho (D)
Utah

Saturday March 26, 2016
Alaska (D)

Hawaii (D)
Washington (D)

Tuesday April 5, 2016
Wisconsin

Saturday April 9, 2016
Wyoming (D)

Tuesday April 19, 2016
New York

Tuesday April 26, 2016
Connecticut
Delaware
Maryland

Pennsylvania
Rhode Island

Tuesday May 3, 2016
Indiana

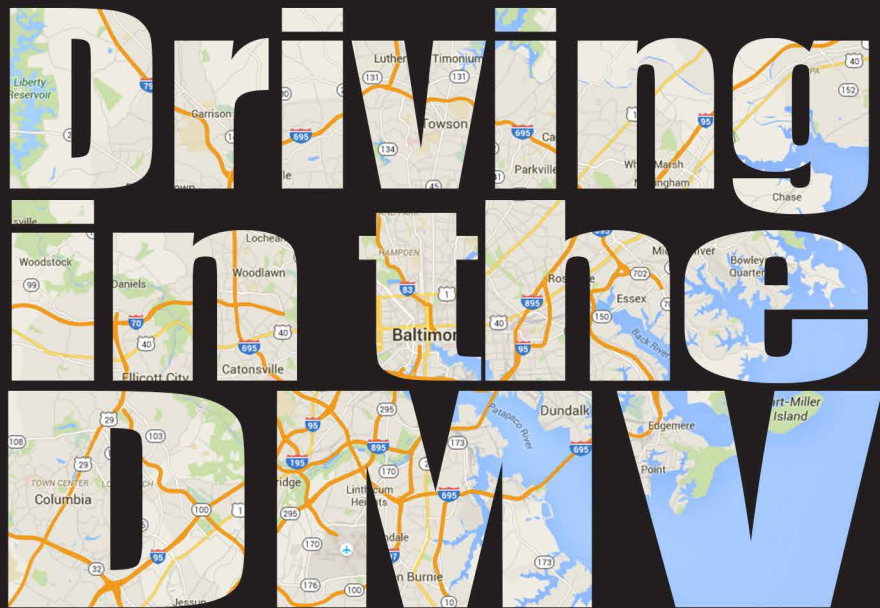
Tuesday May 10, 2016
Nebraska (R)
West Virginia

Tuesday May 17, 2016
Kentucky (D)
Oregon

Tuesday May 24, 2016
Washington (R)

Tuesday June 7, 2016
California
Montana
New Jersey
New Mexico
North Dakota (D)
South Dakota

Tuesday June 14, 2016
District of Columbia (D)



Rick McBride, NIOC Safety Manager

VEHICLE

One should know their vehicle, and it all starts at the time of purchase. Whether you are buying new or used it doesn’t matter, finding out the standard and optional equipment is important. Braking systems, transmissions, front or rear-wheel drive will all dictate how your vehicle will operate and perform in a given situation. Also, safety and emergency equipment vary depending on the make, model, even the year of manufacturing. For example spare tires; one might think they are standard equipment, but some makers have gone completely away from including them in the purchase. This is especially important when purchasing a used vehicle. If the vehicle description says that it has a spare tire, lug wrench and jack, visually inspect to ensure they are there, as they do go missing when changing ownership. An item that often gets overlooked by many service members is where they purchased their vehicle and the fact that standard features for Southern California or Hawaii may exclude items that are included in Maryland, and one’s car may not be winter friendly.

Preventive maintenance checks and services on a regular basis ensure that your vehicle is in proper working order. The following should be done regularly to help prevent breakdowns no matter the season:

- Checking the ignition, brakes, wiring, hoses and fan belts.
- Changing and adjusting the spark plugs.
- Checking the air, fuel and emission filters, and the PCV valve.
- Inspecting the distributor.
- Checking the battery.
- Checking the tires for air, sidewall wear and tread depth.
- Checking antifreeze level and the freeze line.
- Scheduling a tune-up (check the owner's manual for the recommended interval) to ensure better gas mileage, quicker starts, and faster response on pick-up and passing power.

At a minimum, a 360 degree walk-around of your vehicle should be conducted before every trip. A visual inspection of the tires, mirrors, lights and body of your automobile as well as any obstructions can help unforeseen incidents.

“FAILURE TO PREPARE IS PREPARING TO FAIL” – Benjamin Franklin

One of the all-time favorite subjects in any safety office across the Navy is that of driving safety. It affects every one on an almost daily basis. We here at NIOC Maryland are no different, but we also have the added luxury of being located in the DMV (District of Columbia, Maryland & Virginia not Department of Motor Vehicles), where the driving is its own unique hazard. Terrible traffic at any given hour, broken down vehicles, accidents, poor road conditions along with constant construction, paired with aggressive drivers with a predisposition toward road rage and one may get a snapshot of our daily commute.

I urge everyone at this command not to contribute to the problem. That is often easier said than done, but it often comes down to one word: Preparedness. All too frequently we get into our vehicles without a second thought. Slowing down for even just a moment can change the outcome of any event. A few things we should consider and ask ourselves before getting behind the wheel include: Is my vehicle ready? What are the conditions? Am I ready?

EMERGENCY KIT

Having an emergency kit in your vehicle is also a very good idea for any season. They are there for when a bad day of driving occur for you or someone else. Items to consider include:

- | | |
|-------------------------|---------------------------------|
| Road flare with matches | Tire pressure gauge |
| Rags | Shovel |
| Blanket | Fire extinguisher |
| Warning triangle | Rope/Wire |
| Auto manuals | Energy bars or hard candy |
| Traction Aids | Nonflammable tire inflator |
| Auto distress flag | Ice Scraper |
| Empty Gas Can | Duct Tape |
| Gloves | Jumper cables |
| Safety reflector vest | Multi-tool/Pocket Knife |
| Motor Oil | Bottled Water |
| First Aid Kit | Flashlight with extra batteries |

These items may change depending on the season and should be checked and restocked regularly. Additionally, it is important to maintain at least a half tank of fuel in your car.

511 SYSTEMS

For traffic information the Department of Transportation has the 511 system which is a requirement for every state in the Union. An individual can call 511 from a mobile device and receive regional traffic conditions which include but not limited to accidents, construction, weather and slow downs. The following are the 511 websites for Maryland and surrounding states:

- Maryland - www.md511.org
- Delaware – www.deldot.gov/information/travel_advisory/
- Pennsylvania – www.pa511.com
- Virginia – www.511virginia.org

SELF

Everything above is for nothing if we as individuals are not prepared to get behind the wheel. In a perfect world some things should go without saying, like not drinking and driving. However, that is not the reality in which we live, and drinking is not the only thing that impairs our ability to drive or reason. We also need to consider many other factors.

Time for example is a factor that we all too often do not consider. It ranges from the time of day or night, the amount of time we allow to accomplish a task and the amount of time we allow for rest and recovery. Stress is another factor that has to be included. Stress associated with work or home life, financial, time crunches, even the stress of dealing with other drivers on the road effect how we react to certain conditions.

Last, but not least, is distraction. Today there are more things to distract us while in our vehicles than ever before. From electronics, to advertisements, phone calls and even passengers in the vehicle with us. These things can take our attention away from the task at hand.

If we consider and account for all of these factors, then we can start to ensure that we are prepared to drive. At first it seems like a lot, and that may be true, but it is better than the alternative. By preparing ourselves we can make our drive in the DMV less eventful and a lot safer.

BREAKFAST WITH THE CHIEFS

Mass Communication Specialist Third Class Petty Officer Taylor M. DiMartino

Chiefs and First Class Petty Officers gathered in the dayroom for a training and mentorship session conducted over breakfast as part of Phase 1 of the command's CPO 365 program, Feb. 17.

According to the Master Chief Petty Officer of the Navy's 2014-2015 CPO 365 Guidance, the program consists of two phases. Phase 1 starts in September and concludes when the NAVADMIN announcing CPO selection results is released.

By conducting events such as the breakfast in the interim, Chief Sherita Collins, one of the command CPO 365 coordinators, said First Class Petty Officers are given great opportunities to train with a Chief's Mess they may soon join.

"This is the time for the First Classes to come out and meet Chiefs from other departments they may not see on a regular basis," said Collins. "This was the second breakfast we've

conducted this year and it's all about building camaraderie and providing the necessary training for these Petty Officers to become Chiefs. Phase 1 is supposed to be an introduction to the Chief's Mess and it's here where we can take the required training to a deeper level of understanding with an event that puts people face-to-face."

PO1 Reza Ghorashi-Sarvestani, who participated in the breakfast, said giving the First Classes and Chiefs opportunities to meet in central, accessible locations plays a key factor in the success of NIOC Maryland's CPO 365 program.

"These training sessions are great," said Ghorashi-Sarvestani. "They give us the chance to develop our leadership as First Classes even further as we prepare to take the next step and become Chiefs. I feel like I understand more about being a Chief when I attend these activities and hear actual Chiefs' opinions and real-world leadership styles. I'm learning these things from people I wouldn't usually have contact

with otherwise."

Ghorashi-Sarvestani said he also feels more prepared to tackle future leadership challenges after attending the breakfast. He said the training's focus on being proactive will surely help him in the future.

With the fiscal year 2017 Chief exam having concluded in January, First Class Petty Officers now await results to see who will be eligible for the upcoming Chief selection boards.

According to Collins, every First Class that took the exam should be preparing to become a Chief.

"It's never too early to start the training," Collins said. "It should be a continuing process, every day, all the time. Those at the E-4 and E-5 level may not realize it, but everything you're learning on a daily basis about the Navy and about leadership is preparing you for the day you're a First Class training to be a Chief Petty Officer."

"We should all be proud of our CPO

365 program and possess confidence that it preserves tradition while preparing our FCPOs for promotion to the next pay-grade," MCPON Mike Stevens said in his 2014-2015 guidance.

"Both objectives stand essential to the esteem of our Mess and the professional prosperity of our Sailors. Your leadership, your commitment and your energy are the fuel of this process."





A MESSAGE FROM:
Jaime L. Longobardi

LCDR MC USN
Medical Officer, NIOC Maryland
Kimbrough Ambulatory Care Center



As the PFA Cycle closes in on us, many Sailors will choose to go on a diet to lose the holiday weight. Some diets are safe and most any diet plan will lead to weight loss if done correctly, but there are some universal truths that should be addressed when it comes to diets.

1) Diet plans exist to make money: Weight Watchers, Atkins, Medifast, Bulletproof and everything in between. They all exist as a money making machine.

The products they sell, be it diet books, food products, supplements or exercise products, exist solely to make money. Keep in mind all claims by these companies about a better quality product, is all hype and not science-based.

2) Any diet plan will lead to a reduced intake of calories and weight loss. Scientific studies have been conducted over and over that prove it's not the amount of fat vs. protein vs. carbs that you're eating; it's the total calories that lead to weight loss or weight gain. Anyone that tells you different is trying to sell you something. (In the long run how many carbs or fats you eat does make a difference in your overall health; it does not lead to weight loss.)

3) Long term solutions for obesity are lifestyle changes. Starting a Beach Body program is great and you will see results, but those results will fade immediately after you stop. Make a small change instead. Instead of PTing with your unit twice a week, try adding two sessions at the gym on your own on days when you're not required to go. Other small changes: instead of spaghetti try spaghetti squash, or instead of macaroni and cheese or french fries go for broccoli as a side dish. A great way to cut back on portions is to only eat half of what you are served when dining out and save the other half for another meal.

If you really want some good quality information, try the Army Wellness Center on Fort Meade. Direct metabolic testing can tell you exactly what your metabolism is and give you an idea of why you are gaining weight.

Remember, any diet will work for a short time. In the end, the long term success goes to the people who make small changes over time. It is the little things that make a difference; the rest is just a way to separate you from your money.



SAILOR IN THE SPOTLIGHT

PO3 ZHIFENG ZOU

What is your background?

I was born and grew up in Weihai, Shandong, China. When I finished my bachelor's degree in accounting at Shandong University, I came here to the U.S. on a student visa to start working. I was 23 years old when I got the job opportunity and left China. I've worked a host of jobs since coming here including time with the Carnival Cruise Line, and also as a tour guide for people from China and Taiwan who vacation here in the United States.

Why did you join the Navy?

I was 30 years old when I joined the Navy. I have a best friend here in America who joined first and recommended that I join too. He was the only close friend at the time who was serving in the military, and his experiences convinced me to give the Navy a try. Then I talked to a recruiter who told me how often Sailors get to travel the world and it sounded even better.

What have been your most memorable experiences in the Navy so far?

To be honest, as a new immigrant to the U.S., the best part about being in the Navy is that everyone considers you to be part of a bigger team. Other friends I know who work in other industries in America don't have the same sense of camaraderie in their workplaces. The most important thing for us as Sailors is that we care more about each other and aren't as so focused on doing things individually.

What about your experiences here at NIOC Maryland?

Being here at NIOC, it can seem strange that I don't actually do anything that would typically be within my rate, but instead I get to focus on hospitality. I sit on the front desk for the BEQ office in the day room every day and I focus on good customer service. I'm happiest when I've helped a Sailor solve a problem.

Has being a Sailor changed anything for you?

In the past when I would wake up for a civilian job, it was a struggle to get going in the mornings. I've been in the Navy almost two years, and I wake up with a sense of greater purpose every day. Even after a couple of years, I still feel pride every time I put on the uniform and look in the mirror. It still feels like that day in bootcamp, when we were all standing in ranks after Battle Stations, and the Captain told us we had just completed our training. I had tears in my eyes that morning.

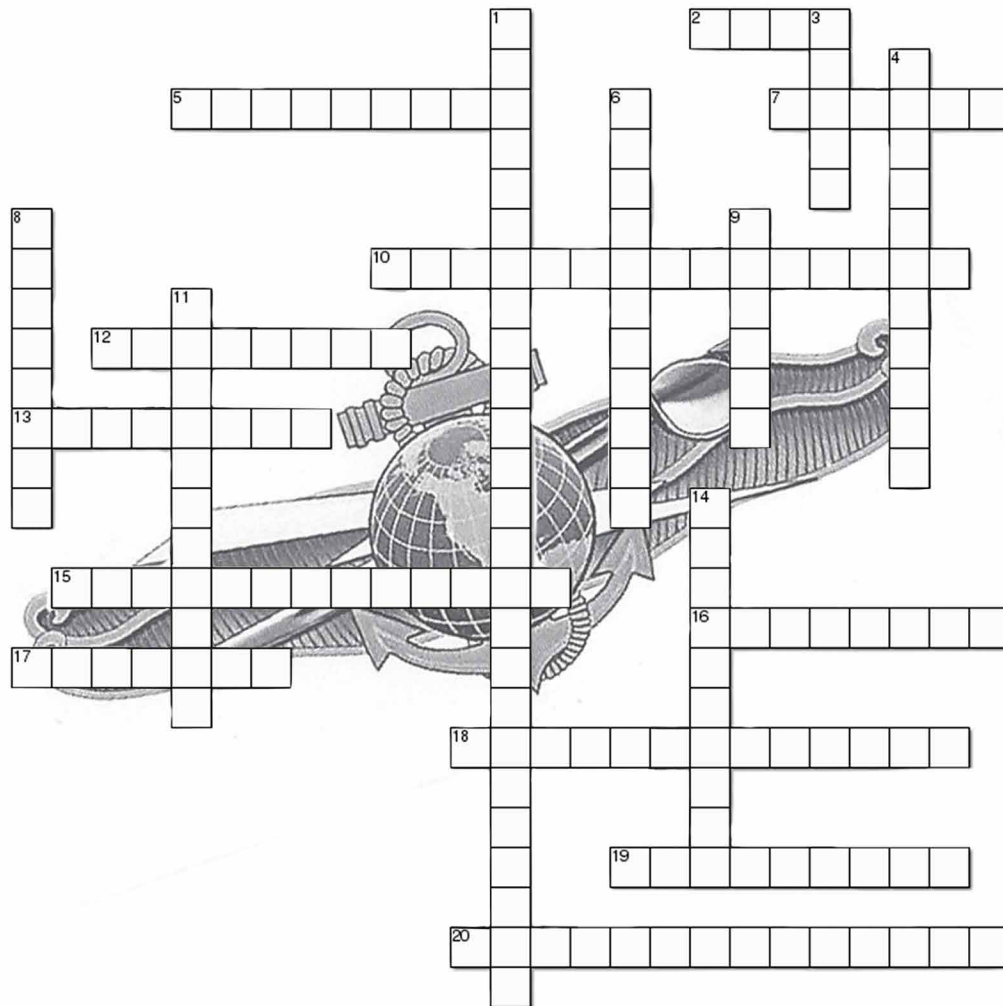
What are your short-term and long-term goals?

In the short term, I need to finish my EIDWS qualification, and continue preparing for the E-5 exam in March. Thinking long term, I am working on finishing another financing degree right now. I'd like to make the Navy a career, so preparing to one day be a chief is always a good goal to set for yourself. I'd like to start a family someday, and I want to be in a position to provide for them. When the day comes that I have kids looking up to me, I want them to be proud of the things I have done in my life.



EIDWS CROSSWORD

Fill in the blanks with the associated words. This month's puzzle comes from book one, section 102: Naval Heritage and Doctrine



ACROSS

2. ____ Seconds between each shot fired for a gun salute
5. 1944 - Final blow to the Japanese navy that cost them the Philippines
7. Admiral that positioned his 3 carriers outside of Japanese reconnaissance range based on US collected intelligence that ensured the success of the Battle Of Midway
10. First ship named after an enlisted man who was killed in WWI when the USS CASSIN was torpedoed
12. Eighteenth century cruiser that carried 28-44 Guns
13. 1942 - World's first carrier-on-carrier battle
15. Group of 176 Sailors and Marines that were trained on the roof of the Navy Department Building between 1928-1941 that laid the cornerstone of Naval Cryptology
16. 1944 - Largest amphibious battle in world history
17. World's first operational packet-switching network that led the way for modern internet that was created during the Cold War
18. Britain's cryptology center that deciphered German ENIGMA
19. Level of war that supports national goals
20. 1969 - Attack that cost 31 lives and prompted The Navy to adopt new procedures to provide reconnaissance aircraft with a higher degree of protection

DOWN

1. Oldest Intelligence organization of the U.S. Navy established to seek out and report on advancements in other nations navies
3. 1942 - Name of first computer. Created at the University of Pennsylvania
4. Other name for the Navajo Code Talkers that used Native American Language to transmit battle messages in the Pacific
6. Level of war that supports theater
8. Level of war that supports individual engagements
9. 1942 - Battle that marked the turning point in the Pacific War
11. Secretary of the Navy that established ONI in 1882
14. Retired Warrant Officer who spied for the Russians from 1968-1985. His arrest was a catalyst for an investigation within the intel community that uncovered other spies.